

Club	Time	Venue	Activity
Monday			
Iona Day Club	11:00-14:30	St Columba Cornhill Road Southwick	Refreshments, Chat, Bingo
Day club	12:00-14:30	Robert Wheatman Court Grangetown	Refreshments, chat, games
Tai Chi	10:30-11:30	AUKS Bradbury Centre Stockton Road	Refreshments & Tai Chi
Day club	10:30-13:30	AUKS Bradbury Centre Stockton Road	Refreshments, chat, games, bingo
Art Group	10:30-12:30	25 Stockton Road	Refreshments, chat, great art

Club	Time	Venue	Activity
Tuesday			
Day Club	10:00 – 14:00	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Bingo, Games
Craft Club	13:00 – 15:00	AUKS Bradbury Centre No 25 Stockton Road	Refreshments, Chat, Crafts
Happy Singers Choir	11:30 – 12:45	AUKS Bradbury Centre Stockton Road	Refreshments and great singing
Day Club	11:00 – 13:30	Donwell Care Home (formerly known as the Stella group)	Refreshments, Chat, Bingo, Games
Day Club	11:00 – 14:00	Castledene Court Hylton Castle	Refreshments, Chat, Bingo, Games.
Stroke Support Group	13:00 – 15:00	St Aldates Court Grindon	Refreshments, Chat, Peer support FORTNIGHTLY
Walking Group	10:45 – 13:00	Beacon of Light Foyer	Guides around Sunderland, Chat, Refreshments

Club	Time	Venue	Activity
Wednesday			
Day Club	10:30 – 13:30	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Bingo, Games
Day Club	11:00 – 14:00	Philadelphia Cricket Club Bunker Hill Houghton	Refreshments, Chat, Bingo, Games
Day Club	10:30 – 13:30	Myre Hall Houghton Le Spring	Refreshments, Chat, Bingo, Games.
Day club	12:30 – 15:00	St Aldates Court Grindon	Refreshments, Chat, Quizzes, Games
Good Vibrations	13.00 – 15:00	Springtide Cove Roker	Refreshments, Chat and a sing-song FORTNIGHTLY

Club	Time	Venue	Activity
Thursday			
Day Club	11:00-14:00	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Bingo, Games
Day club	11:00 – 13:30	Woodridge Gardens, Oxlose	Refreshments, Chat, Quizzes & Brain Teasers
Day Club	12:30 – 15:00	Nelson Close, Toward Road	Refreshments, Chat, Quizzes, Bingo First Thursday of the Month
Pit yard Reminisce	10:00 – 12:00	The Beacon of Light	Refreshments & Chat, Coffee Morning
Visually Impaired Support Group	13:00 – 15:00	AUKS Bradbury Centre	Refreshments, chat, peer support Monthly
Heritage Group	10:00 – 12:00	Bowes Railway Springwell Village	Heritage activities

Club	Time	Venue	Activity
Friday			
Domino Group	10:00 – 13:00	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Dominoes
Knitting Group	13:30 – 16:00	AUKS Bradbury Centre Stockton Road	Refreshments, Chat, Knitting
Scrabble Group	14:00 – 16:00	AUKS Bradbury Centre No 25 Stockton Road	Refreshments & Scrabble
Friday Friends	10:00 – 12:00	AUKS Bradbury Centre	Refreshments, Discussion, Occasional Guest Speaker
Day Club	13:00 – 15:00	British Legion Vane Street Silksworth	Refreshments, Chat, Bingo, Games
Music Makers	13:00 – 15:00	AUKS Bradbury Centre Stockton Road	Refreshments & Great Music,
Friday Sing ~ a~ long	12:30 – 15:00	AUKS Bradbury Centre Stockton Road	Great singing & Refreshments
Day club	10:30 – 13:30	Gillwood Court Penshaw	Refreshments, Chat, Games, FORTNIGHTLY
Day Club	12:30 – 15:00	Donwell Care Home Donwell	Refreshments, Chat, games, bingo
Veterans support Group	10:00 – 13:00	AUKS Bradbury Centre	Refreshments, Chat, Outings



Age UK Sunderland Community Support Clubs

A new service is provided by the Samaritans delivered at our Bradbury Centre.

TALK IT THROUGH!

This drop in service provides you with an opportunity to talk through matters of concern.

Takes place on the first Monday of every month (except Bank Holidays).

If you would like to talk to someone in confidence, or you would like to know more about this service please call: Melanie Whing on

0191 514 8338

TECH SUPPORT GROUP

Our Tech Support Group is held during the last week of the Month. Days vary and dates are to be confirmed via our website and social media:

www.ageuk.org.uk/sunderland/

Or call our Main office on 0191 514 1131

Allotment

Our allotment is available on any day of the week at Houghton Primary Care Centre

Brinkburn Cres, Houghton le Spring, DH4 5GU

If you would like to know more about this please call: Melanie Whing on

0191 514 8338

Matinee Mingle

Our Matinee Mingle is a monthly event at the Sunderland Empire Theatre. Event dates and shows vary each month.

If you would like to know more about this please call: Melanie Whing on

0191 514 8338